What is claimed is:

1. A dental instrument comprising:

an actuating assembly; and

a grasping assembly, coupled to the actuating assembly, adapted to conform to the contour of a dental appliance;

wherein a member of the actuating assembly or the grasping assembly is adapted to facilitate distal, mesial, or both distal and mesial manipulation of the dental appliance.

2. The instrument of claim 1, wherein the grasping assembly comprises a plurality of members, each having a grasping surface.

3. The instrument of claim 2, wherein the members are angled to approximate the contour of the dental appliance.

4. The instrument of claim 2, wherein the members are curved to approximate the contour of the dental appliance.

5. The instrument of claim 4, wherein the members are curved concavely.

6. The instrument of claim 4, wherein the members are curved convexly.

7. The instrument of claim 2, wherein a first of the members comprises an apical seat near the top of its grasping surface.

8. The instrument of claim 2, wherein one of the members comprises a traction feature disposed upon its grasping surface.

9. The instrument of claim 1, wherein the grasping assembly is removably coupled to the actuating assembly.

10. The instrument of claim 1, wherein the grasping assembly is permanently coupled to the actuating assembly.

11. The instrument of claim 1, wherein the grasping assembly is formed as part of the actuating assembly.

12. The instrument of claim 2, wherein a portion of the actuating assembly is angled to facilitate exclusively distal manipulation of the dental appliance.

13. The instrument of claim 2, wherein a portion of the actuating assembly is curved to facilitate exclusively mesial manipulation of the dental appliance.

14. The instrument of claim 2, wherein a portion of the grasping assembly is angled to facilitate exclusively distal manipulation of the dental appliance.

15. The instrument of claim 2, wherein a portion of the grasping assembly is curved to facilitate exclusively distal manipulation of the dental appliance.

16. The instrument of claim 1, wherein the actuating assembly is a bifurcated actuating assembly.

17. The instrument of claim 1, further comprising a locking assembly disposed along the actuating assembly.

18. The instrument of claim 2, wherein a portion of the actuating assembly is formed to selectively facilitate mesial or distal manipulation of the dental appliance.

19. A dental instrument, adapted to facilitate distal, mesial, or both distal and mesial manipulation of a dental appliance, comprising:

a grasping assembly, having a grasping surface shaped to approximate contour of the dental appliance, and having an apical seating member disposed near the top of the grasping surface; and

an actuating assembly, operatively coupled to the grasping assembly.

20. A matrix band placement apparatus, adapted to facilitate distal, mesial, or both distal and mesial matrix band manipulation, comprising:

a first grasping member, having a first surface shaped to approximate curvature of a matrix band, having an apical seating member disposed along an upper edge of the first surface;

a second grasping member, having a first surface shaped to approximate curvature of a matrix band and shaped to cooperatively engage with the first surface of the first grasping member; and

a compound actuating assembly, operatively coupled to the first and second grasping members, adapted to cooperatively engage the first and second grasping members, having a locking assembly disposed and adapted to secure engagement of the first and second grasping members.